

Young Adult Self-Help

Contributed by
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Let's talk: sharing our thoughts and feelings during times of crisis

- RC 57267

Michele Alpern

Offers teens practical information on coping with stressful events such as death, divorce, job loss, and disasters. Suggests ways to deal with depression and anxiety and outlines strategies for establishing good communication. For junior and senior high readers. 2003.

The Girls' Life guide to growing up

- RC 52039

Karen Bokram and Alexis Sinex, editors

Advice for girls on everyday challenges, such as friendship and family, boyfriends and crushes, popularity and conflicts, self-esteem and body issues (menstruation, bras, braces), and "tough stuff" like moving and grief. Based on questions frequently handled by Girls' Life magazine. For junior and senior high readers. 2000.

Bobbi Brown teenage beauty: everything you need to look pretty, natural, sexy & awesome

- RC 51013

Bobbi Brown & Annemarie Iverson

Noted makeup artist provides instructions on choosing and applying cosmetics. Addresses common teen issues including blemishes and braces. Includes sections on hair care, body type, self image, and beauty tips for various ethnic types. For junior and senior high and older readers. Bestseller. 2000.

Chicken soup for the teenage soul on tough stuff: stories of tough times and lessons learned

- RC 53647

Jack Canfield, Mark Victor Hansen, Kimberly Kirberger

A selection of anecdotes and poems about difficult issues, mostly written by teens to encourage their peers. Considers such challenges as drinking and driving, loss of friendships and relationships, death and suicide, emotional and physical abuse, and eating disorders. For junior and senior high readers. Bestseller. 2001.

Where's your head? Psychology for teenagers

- RC 47878

Dale Carlson, Hannah Carlson

The authors discuss what psychology is and how young people can use it to understand their own adolescence.

Discusses the major theories of psychology and their founders, mental illness, different forms of therapy, and how to cope with growing up. Revised edition of book originally published in 1977. For junior and senior high readers.

Don't sweat the small stuff for teens: simple ways to keep your cool in stressful times

- RC 51201

Richard Carlson

This companion to Don't Sweat the Small Stuff (RC 45257) and others in the series for adults, advises teens on controlling stress in their lives. Includes one hundred tips on coping with such things as breakups, bad hair days, and peer pressure. For junior and senior high readers. Bestseller. 2000.

How to win friends and influence people for teen girls

- RC 60352

Donna Dale Carnegie.

The author brings the method developed by her father in How to Win Friends and Influence People (RC 53469) to teenage girls. Offers advice on peer pressure, popularity, avoiding arguments, learning from mistakes, and making good choices. For senior high readers. 2005. Straight talk about death and dying

- RC 48747

Robert DiGiulio, Rachel Kranz

Discusses attitudes toward death in the United States. Uses three case studies about teenagers coping with death to provide self-help tips. Explains Dr. Elisabeth Kubler-Ross's five-stage theory of coming to terms with dying. Includes advice on obtaining further information. For junior and senior high readers. Right on schedule: a teen's guide to growth and development

- RC 63004

Jean Ford

Examines the physical, emotional, and social changes associated with adolescence in girls and boys. Describes what to expect during puberty, such as hair growth and acne. Explains the importance of maintaining proper hygiene. Also covers dating and sex, self-esteem issues, and peer pressure. For senior high and older readers. 2005. Straight talk about teenage suicide

- RC 48666

Bernard Frankel and Rachel Kranz

Explores the "rising epidemic" of teenage suicide from social, family, and personal perspectives. Discusses circumstances and motives that incline young people to consider ending their lives. Offers advice for getting help. For junior and senior high readers. When living hurts: for teenagers and young adults

- RC 30451

Sol Gordon

This book concerns itself with feelings of hopelessness, anger, frustration, and depression. It begins with a discussion of suicide--what to do if a friend is suicidal or you yourself are seriously depressed. The advice includes practical suggestions and specific activities. The author also discusses various causes of depression, including troubles with parents and worries about love and sex. For junior and senior high readers.

Depression

- RC 32651

Dianne Hales

Explains depression, one of the oldest human conditions, ranging in severity from feeling blue to intense anxiety. Traces its history, identifies types, and suggest psychological and biological causes. Discusses the special problems of young people and people with suicidal tendencies. Describes methods of recovery, extending from self-help to medical treatment. For junior and senior high and older readers. Safe Sex 101: An Overview for Teens

- RC 62536, BR 16675

Margaret O. Hyde

A science writer and a child psychiatrist discuss the physical and emotional aspects of human sexuality including anatomy, contraception, abstinence, social pressures, and diseases such as AIDS. Presents scenarios that teens may encounter and practical responses to them. For senior high and older readers. 2006. The guy book: an owner's manual for teens: safety, maintenance, and operating instructions for teens

- RC 53715

Mavis Jukes

Provides information for male adolescents on changes that occur in their bodies during puberty and offers advice on sexual topics, nutrition, health, relationships, peer pressure, etiquette, and other issues. For junior and senior high readers. 2002. Taking care of your smile: a teen's guide to dental care

- RC 63001

Autumn Libal

Explains the physical and emotional importance of dental hygiene. Includes techniques for caring for your teeth and combating decay and stains by brushing, flossing, and rinsing. Examines the history of dentistry and provides information on orthodontic work like braces, porcelain veneers, and crowns. For senior high and older readers. 2005.

What do you stand for? A kid's guide to building character

- RC 47579

Barbara A. Lewis

Advice on developing character traits such as a positive attitude, imagination, courage, citizenship, endurance, and empathy. Includes teen profiles, self inventories, and character dilemmas to ponder. Provides suggested reading and activities and list of websites. For junior and senior high readers.

Closing the gap: a strategy for bringing parents and teens together

- RC 56365

Jay McGraw

Manual written by the young adult author of Life Strategies for Teens (RC 51563), suggesting ways both parents and teens can reconnect by working out differences, respecting each other, and gaining a balance between control and independence. For senior high and older readers. 2001.

Life strategies for teens

- RC 51563

Jay McGraw

The author, a college student and son of the author of bestselling Life Strategies (RC 47962), advises teens on how to achieve personal goals and avoid behavior that blocks pathways to success. Presents ten "life laws" and tips for implementing them. For senior high and older readers. Bestseller. 2000.

The what's happening to my body book for girls: a growing-up guide for parents and daughters

- RC 51806

Lynda Madaras, with Area Madaras

Provides an overview of puberty and discusses changes that take place in a girl's shape, size, reproductive organs, menstrual cycle, and sexuality. Also discusses puberty in boys. Updated edition of RC 30633 and BR 8039. For junior and senior high and older readers. 2000. Coping with social anxiety

- RC 55128

Heather Moehn

Describes a self-consciousness disorder that can lead to impairment in social situations. Describes some social phobia causes and remedies and offers suggestions for professional help. For junior and senior high readers. 2001.

More than a label: why what you wear and who you're with doesn't define who you are

- RC 56368

Aisha Muharrar

Recent high school graduate surveys more than 1,000 teens to examine how school cliques, designer labels, and other social dividers create problems. Suggests ways for teenagers to overcome negative unspoken rules in school and to accept people as individuals. For senior high readers. 2002.

When will I stop hurting? Teens, loss, and grief

- RC 61216

Edward Myers

An overview of coping with the death of a loved one and handling the bereavement process. Combines personal accounts from teens with practical advice. Describes warning signs of psychological complications and suggests other sources of information. For junior and senior high readers. 2004.

The O'Reilly factor for kids: a survival guide for America's youth

- RC 59422

Bill O'Reilly and Charles Flowers

Conservative television talk-show host, former teacher, and author of The O'Reilly Factor (RC 51053) offers guidance in the form of a "survival guide" for young people. Topics range from school and friendship to sex, drinking, and bullies. Advises on facing challenges and making correct choices. For junior and senior high readers. 2004.

Highs! Over 150 ways to feel really, really good... without alcohol or other drugs

- RC 52226

Alex J. Packer

Author of How Rude (RC 46516) presents 150 ways to relieve tension and find peace and pleasure, without pills.

Includes stress breakers, meditation, physical and artistic activities, nutritional advice, and tips on personal relationships. Includes a chapter on visual perception. For junior and senior high readers. 2000.

How rude! The teenagers' guide to good manners, proper behavior, and not grossing people out

- RC 46516

Alex J. Packer

Advice on dealing with various social situations. Discusses Internet courtesy and handling special situations such as funerals and religious rites, family and school expectations, and other scenarios. Question-and-answer segments and charts summarize the counsel. For junior and senior high readers.

Dating and sex: defining and setting boundaries

- RC 53575

Judith Peacock

Defines healthy relationships and dating to teenagers and young adults and outlines the challenges and benefits of exclusive commitments. Explains the risks of sexual activity and ways to handle a breakup. For senior high and older readers. 2001.

Life skills 101: a practical guide to leaving home and living on your own

- RC 53215

Tina Pestalozzi

Advice for the transition to living single. Covers entering the work world, handling business and financial matters, setting up living space, organizing the basics, choosing between eating at home or dining out, being a "savvy consumer," and staying connected to people and the community. For senior high and older readers. 2001.

Romantic breakup: it's not the end of the world

- RC 51772

Jennifer Rozines Roy

Discusses the social and psychological aspects of dating and breaking up, as well as the elements of a healthy romantic relationship. Offers advice on surviving emotionally and obtaining help from others. For junior and senior high readers. 2000.

Help! My heart is breaking! How to get through the hurt

- RC 46213

Meg Schneider

The author directs this book at those whose boyfriends broke up with them and those who want to break up. She gives tips on how to endure this event constructively and on how to troubleshoot future relationships. For junior and senior high readers.

Popularity has its ups and downs

- RC 46608

Meg F. Schneider

Explains the meaning of popularity and suggests ways to cope with this issue in school and social situations. Discusses the concept of self-confidence and how to achieve it. The author also stresses the value of true friendship and the importance of learning to deal with rejection and change. For junior and senior high readers.

Alcoholism

- RC 56317

James D. Torr, editor

Essays explore the problem of alcoholism, addressing such topics as the effectiveness of Alcoholics Anonymous, marketing by the liquor industry, effects on children and families, binge drinking in college, the disease theory of addiction, and government regulation. For senior high readers. 2000.

Live aware, not in fear: the 411 after 9-11: a book for teens

- RC 55989

Donna K. Wells, Bruce C. Morris

Gives teens the information they need about safety in the aftermath of September 11, 2001. Offers six risk scenarios concerning perceived threats such as bioterrorism and disruptions of travel and communication. Dispels myths and provides information on how to respond to actual emergencies. For junior and senior high readers. 2002.

Healing your grieving heart for teens: 100 practical ideas

- RC 53344

Alan D. Wolfelt

Offers suggestions for teenagers who are coping with grief while mourning the passing of a loved one. Advice includes finding an adult to confide in, keeping a journal, and accepting grieving as a natural process. For junior and senior high readers. 2001.

Suicide: tragic choice

- RC 50486

Karen Zeinert

Surveys the issue of suicide, including its history, causes, and psychology. Includes information about the right-to-die debate, assisted suicide, and survivors of the deceased. For junior and senior high readers. 1999.